

Fuel leak prompts quick action

Area III Public Affairs Office

CAMP HUMPHREYS — After quick response by personnel here in containing a leak of about 30,000 gallons of JP-8 fuel from a broken underground pipe, cleanup efforts are underway and progressing well.

The leak occurred Feb. 27 at about 9:10 a.m. from an underground line that moves fuel from a storage area to a helicopter refuel point on the Camp

Humphreys airfield. It was detected as workers started transferring fuel. They stopped the fuel transfer operation and responded to the leak.

The cause of the leak is under investigation.

“Our first priority was containment of the spill, which has been accomplished,” said Bart Mirabal, who heads the Area III Directorate of Public Works. “We are presently performing fuel recovery and cleanup, and are

continuing to assess the extent of damage and determine whether to repair or replace the underground fuel line.”

Mirabal said that fuel is confined to a small area on Camp Humphreys near the airfield. There is no impact on the drinking water supplies at Camp Humphreys.

Republic of Korea Ministry of Environment and local Pyeongtaek environmental officials were notified of the leak the day it occurred and have visited the site.

“The Pyeongtaek City Environmental Office conducted a visual survey off the installation, and confirmed that there were no signs of fuel,” said Mirabal. “We will continue to cooperate with Korean government officials and keep them informed of our progress. “

To contain the spill, the camp fire department placed absorbent mats into a drainage ditch, along with a boom to

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Soldiers battle mud, evaluation

Story, photos by David McNally
Area I Public Affairs Office

DAGMAR NORTH — Elements of a major U.S. Army support unit underwent intense evaluations Feb. 22-29 as part of an annual exercise.

“My Soldiers need to know how to defend themselves when pumping fuel,” said Col. Bette Washington, commander of the 501st Corps Support Group. “They need to defend themselves while running convoys or issuing rations. That’s what we do for a living.”

The 501st Corps Support Group is made up of more than 1,000 U.S. and Korean Augmentation to the U.S. Army Soldiers.

Services like issuing rations and supplies, running transportation missions, providing field laundries and showers, and even processing fresh drinking water; all fall under the unit’s mission.

The unit is spread out over many bases in South Korea. Two companies are stationed at Camp Kyle in Uijeongbu, there is a company at Camp Humphreys in Pyeongtaek, and various elements are stationed in the Seoul area. The entire group deployed to training areas in the Western Corridor for the exercise.

“It was perfect, gorgeous weather. Then on Saturday the sky opened up,” Washington said. “It is a slush bowl.”

The mud, more than a foot deep in some places, hampered operations. Tent stakes slid out of the ground. Soldiers scrambled in a cold wind to function



Spc. Sheka Kanu, 305th Quartermaster Company, drives a forklift through mud Feb. 25 at Dagmar North training range.

under extreme conditions as the banks of the Imjin River swelled with rainwater.

In an open field on Dagmar North, a Republic of Korea Army training site, the American troops attempted to recover from the hand dealt by the weather.

“This area is all messed up,” said Spc. Benjamin Amparo, 305th Quartermaster Company. “The tents keep falling down, so we’re moving it to a better area.”

Amparo revved the accelerator on his forklift loaded with camouflage netting. The tires spun in the mud and barely got traction. Soon, the equipment was moved to drier ground.

Throughout the exercise, in addition to doing their

normal missions, Soldiers were given scenarios, like react to enemy fire, respond to a chemical attack or conduct a vehicle recovery.

“Actually, it’s been pretty good so far,” said Spc. Josue Oreus, 305th Quartermaster Company. “We’ve been able to train on how quickly we react to attacks.”

Oreus agreed the mud was a challenge, “But, we’re working with it,” he said.

“The mud came,” said Pfc. Jennifer Schmidt, 305th Quartermaster Company, “but, we’re not letting it get us down.”

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MP Blotter

The following entries are extracted from the past several week's military police blotters. Entries may be incomplete and do not determine the guilt or innocence of persons involved.

■ An investigation revealed that a U.S. servicemember was observed in Seoul's Hong-ik University area, an off-limits area, during the hours of curfew. The servicemember was identified by Korean National Police, who verified the individual as a U.S. Soldier. He was then detained and transported to the local Provost Marshal Office where he was processed and released to his unit.

■ An investigation revealed that Army and Air Force Exchange Service security personnel observed via closed circuit surveillance camera a U.S. servicemember remove two digital video discs by attempting to conceal them on his person. The troop was then apprehended and transported to the local Provost Marshal Office where he was advised of his legal rights, which he waived, rendered a sworn written attesting to the above offense. The servicemember was further processed and released to his unit. Investigation continues by Military Police Investigations.

■ An investigation revealed that a servicemember, while under unit supervision for previous offenses, was at an installation dining facility when she excused herself to the bathroom, where she then kicked out the screen in the women's bathroom window and attempted to flee from unit personnel inside. The troop was detained and transported back to the unit area. While there, the servicemember became belligerent and was found to have torn a hole two feet in diameter in one of the walls of the room where she was being held. She also began yelling profanities at one of the noncommissioned officers in the area to include throwing a bottle of fingernail polish at the NCO. The troop was later picked up from the unit and transported to the local military police station where she was advised of her legal rights, which she waived, rendering a written sworn statement, denying the offenses. Investigation continues by MPI.

■ An investigation revealed that a servicemember, while driving his privately-owned vehicle during the early morning hours off post, fell asleep while driving, resulting in a loss of control and impact with a highway divider. His vehicle sustained functional damage to the entire left side, consisting of various scratches, dents and cracks. After arrival of the police, the troop then rendered false verbal statements, saying that he was initiating a U-turn when he impacted the divider. The service member later rendered a sworn written statement admitting that he fell asleep at the time of the accident. No injuries were reported. Investigation continues by Traffic Accident Investigations.

U.S. Army changes enlistment lengths

Army News Service

WASHINGTON — Basic and advanced individual training will be in addition to the number of years a new recruit enlists for under a new Force Stabilization initiative.

There are 19 jobs, mainly combat-arm specialties, that fall under the recently implemented Variable Enlistment Length program. Under VEL, Soldiers can enlist for three- to five-year VEL options. After arriving at their first units, they are stabilized for at least three years. Since its implementation in December 2003 more than 2,000 Soldiers have enlisted under VEL.

A smaller number of troops have enlisted under the congressionally-mandated 15-month pilot program, "National Call to Service." Since it was approved Oct. 1, about 125 Soldiers have enlisted in the Army under the program. Similarly to VEL, the program doesn't include training as part of the time-in-service contract and only a limited number of specialties fall under it.

National Call to Service was adopted by each of the other services. The 15-month pilot program coincides with VEL because they both kicked off about the same time, said Lt. Col. Harry Garner, chief of Enlisted Accessions Division. They both keep initial-term Soldiers stabilized at their first duty

stations, but the National Call to Service is not a part of the Army's stabilization plans, Garner said.

The mission of Force Stabilization is to provide ready, deployable, combat forces, and to do that units have to first be manned, said Col. Michael Harris, the deputy director of Directorate of Military Personnel Policy, G1. However, VEL isn't just about manning units, it's also about stabilizing Soldiers, he said, referring to the fact that Soldiers under VEL would stay at their first unit for at least three years.

Most units' operational cycles are on a 36-month schedule. Before VEL, many Soldiers already enlisted for only 36 months, but their initial-entry training took from three months to a year. So when they arrived at their unit, they were not there for a full 36 months.

The 2nd Cavalry Regiment is a combat unit, which is why Human Resources Command selected specialties such as infantry, cannon crewmember and cavalry scout, Garner said. Some of the non-combat-arms jobs that fall under VEL are human resources specialist, 42A; administration specialist, 42L; and supply specialist, 92Y.

The Soldiers who fall under the selected job specialties will initially be assigned to the 2nd Cavalry Regiment, Fort Polk, La., which is scheduled to begin converting to a Stryker Brigade Combat Team in October.

Tips ease in-processing in Korea

175th Finance Command

YONGSAN — Starting a tour in Korea on the right foot may help smooth out road bumps that could be encountered during a one-year overseas tour. The 175th Finance Command is committed to assisting Soldiers with timely and accurate pay, but it needs help from the Soldiers it supports.

Upon arrival to Korea, Soldiers must immediately attend their respective area Finance in-processing briefings. Soldiers are required to bring the following as it applies to them: leave form, DA Form 4187 for hometown recruiting, permanent change of station orders, pinpoint orders, temporary duty orders, lodging receipts for temporary living expenses and TDY, and any receipts for reimbursable items more than \$75.

During the briefings, Soldiers must complete a travel voucher, DD Form 1351-2, in order to be paid PCS travel entitlements. These entitlements may include per diem, mileage, dislocation

allowance and temporary lodging expenses.

For Soldiers who must reside on post, in-processing through Finance is finished upon completion of the in-processing briefings. Servicemembers authorized to reside in economy housing will have their housing costs paid by either a combination of family separation housing and overseas housing allowance or basic allowance for housing and OHA, depending on their situations. Regardless of the method used, the intent is to cover the cost of housing provided servicemembers stay within the established housing rent ceilings.

Soldiers are required to seek housing through local Housing Divisions. After an apartment is found off post, TLA documents, as well as all lease agreements drafted by Housing and the realtor, will be sent to Finance to initiate the overseas housing allowance.

All servicemembers assigned to Korea are entitled to special pay and allowances that may differ based on duty location and status. These entitlements include

cost of living allowance, hardship duty pay, overseas housing allowance, family separation housing and family separation allowance type II.

The cost of living allowance is a tax-free allowance paid to servicemembers stationed in high-cost areas. All servicemembers in Korea are authorized COLA, which is based on locality, rank, the number of command-sponsored family members located in Korea, living quarters and the exchange rate.

Hardship duty pay is paid when servicemembers are performing duty designated at localities believed to carry added inconveniences and stress. Servicemembers assigned to Area I receive \$150 per month and those assigned to Yongin and Pohang receive \$100. All others receive \$50 per month. This pay appears on the leave and earning statement as "Save Pay."

Another entitlement is family separation allowance type II. FSA type II is authorized for servicemembers serving unaccompanied tours whose

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NEWS & NOTES

Retail Price Survey

The Department of State is conducting a retail price survey and living pattern questionnaire for Area II civilian employees through today. The questionnaire is to identify the consumer facilities and services that U. S. civilian employees and family members use. For more information, contact Darryll Smith at 724-3651.

Healthcare Survey

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey April 19-23 of the 18th Medical Command, the 121st General Hospital and outlying clinics. The survey will evaluate compliance with JCAHO standards. Survey results will be used to determine whether, and the conditions under which accreditation should be awarded.

JCAHO standards deal with organizational quality of care issues and the safety of the environment in which care is provided. People believing they have information about such matters may request public information interviews with JCAHO field representatives at the time of survey. Information presented will be evaluated for relevance to the accreditation process. Requests for public information interviews may be made by e-mail to complaint@jcaho.org. Comments are required at least five working days before the survey, and should indicate the nature of the information.

Off Limits Areas

Certain areas and off-post establishments are off limits in South Korea. Establishments include drug stores, tattoo parlors, barbershops and houses of prostitution. Area commanders also have placed certain establishments in their areas off limits for force protection or human trafficking and prostitution violations. More information on off-limits areas is available from military police officials or through the chain of command.

Area II Reggie's opens

Story, photo by Christine Cho

Area II Public Affairs Office

YONGSAN — The Installation Management Agency-Korea Region welcomed the long awaited opening of Reggie's, a theme-concept family restaurant, at the Yongsan Main Post Club in a ribbon cutting ceremony Feb. 27.

Reggie's restaurants are only within Department of Defense activities, and are similar in concept to stateside casual dining restaurants such as Bennigan's and TGIF, said officials. The Department of the Army Community Family Support Center has overall responsibility for implementation of the facility design and menu items.

"I hope all Soldiers and members of the community can enjoy the fine food and many unique entrees provided at Reggie's, and the entertainment programs throughout the club," said Richard Shuman, general manger of the Main Post Club. "We hope this facility will give our customers a bit of their hometown without having to leave the installation.

Col. Timothy K. McNulty, Area II and 34th Support Group commander, delivered opening remarks to the many community residents who came out for the ceremony.

"The day is now here and we are about to embark upon a fine dining experience," said McNulty. "The opening of Reggie's is the second phase of a three-phase, \$3.7 million renovation of the Main Post Club."



Judy LaPorte (left) and Gen. Leon J. LaPorte, commander of U.S. Forces Korea, sample the cuisine at Area II's new Reggie's restaurant Feb. 27 at Yongsan Army Garrison.

"We completed phase one with the November 2003 opening of the Uptown Lounge and, the total renovation of the Underground, scheduled for June through September, will finalize this important quality of life project," added McNulty. "With the reopening of the Underground, the Main Post Club will be one of the best Morale, Welfare and Recreation club facilities in the Army."

Reggie's offers an unusual variety of lunch and dinner meals ranging from its not so traditional "Piled High Pizza Burger" to the more commonly requested filet mignon. It also has a beverage bar with a new line of frosted drinks served with or without alcohol.

Along with its casual dining, Reggie's has selected a staff of 73 from more than 225 applicants.

"The kitchen staff we hired is well-

qualified," said Barry Pinsky, an executive chef from CFSC who came to Korea to train the chefs and kitchen workers. "More than half of the cooks have had at least two years of schooling in the culinary arts and are fully capable of preparing some of the complex menu items offered by Reggie's."

The Reggie's management team placed high importance on quality service for customers by training the new staff with a CFSC server orientation program. The program ran 40 hours a week for one month and placed strong emphasis on customer service and learning the menu.

"Each of our wait staff received extensive training in sequence of service, automated order procedures and the many differences between working in an

See Reggie's on Page 18

Military service expedites naturalization process

By Capt. Shay Stanford and Capt. Laura Wells

Yongsan Legal Assistance Office

One of the many benefits of serving in the U.S. armed forces is expedited naturalization.

Generally, before applying for citizenship, one must have been a lawful permanent resident of the United States for at least five years before filing with no single absence from the United States for more than a year. There are two exceptions under the Immigration and Naturalization Act that allow servicemembers to expedite the process and gain citizenship: naturalization based upon service during military hostilities, and naturalization based upon three years honorable service.

Service During Military Hostilities

This is the only basis for naturalization that does not require admission as a lawful permanent resident. The Immigration and Nationality Act authorizes the president to designate service during periods of military hostilities as the basis for naturalization. On July 3, 2002, President Bush signed an executive order making the "war against terrorists of global reach" a specified period of hostilities for the purposes of expedited naturalization.

Servicemembers, active duty or Reservist, serving on active duty after Nov. 11, 2001, may apply for expedited naturalization, provided they meet other eligibility requirements set forth by the Immigration and Naturalization Service.

A requirement for naturalization based upon service during military hostilities is that if the applicant is not a lawful permanent resident, the applicant must have enlisted or re-enlisted in the United States or its territories or possessions,

or onboard a public vessel owned or operated by the United States for noncommercial service.

This is important because enlisting from Korea means servicemembers do not qualify under this exception.

Other requirements include good moral character, pass a civics and language test, and take the oath of allegiance to the United States.

Three Years Honorable Service

Lawful permanent resident status is required. An applicant need not comply with the strict residency and physical presence requirements for naturalization if the applicant has served honorably in the armed forces, including the Reserves, for three years or more and files during his service or within six months of discharge. If the application for naturalization is filed more than six months after discharge, the applicant may count his honorable service time occurring within five years of filing for naturalization in order to meet the residency requirement for naturalization.

A list of the steps for becoming a naturalized citizen under the expedited procedures is available at the Yongsan Legal Assistance Office. Servicemembers wanting further information on naturalization and citizenship related issues, or who have any personal legal issue to discuss with an attorney, may contact area servicing Legal Assistance Offices in Area I, 730-1889; Area II, 738-6841; Area III, 753-8053; or Area IV, 768-7693.

Legal assistance services are available to active duty servicemembers, Department of Defense civilians, family members, Reservists who have been ordered onto active duty for more than 29 days, and some contractors. Legal Assistance Offices can provide information and basic legal services regarding many issues.

Tips

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family members are not residing in the same general vicinity as the servicemembers. It is intended to cover expenses incurred because of forced separation. The period of separation must be at least 30 days.

The first month after arrival to Korea, it is imperative that servicemembers check their LESes to ensure they are receiving proper entitlements. Servicemembers should immediately notify their unit commanders or their unit Personnel offices in the event of discrepancies on their LESes or if there are changes in family situation that could effect entitlements. Changes include marriage, divorce, leave or change in residence.

The 175th Finance Command knows what right looks like and aims to help Soldiers start off their tours on the right foot. Sponsors need to make sure incoming Soldiers come to Finance in-processing briefs prepared with necessary documentation to ensure that the rest of their tour is free of financial issues.

For more information, contact local finance offices or visit the Finance Command Web site at <http://175fincom.korea.army.mil>.

USFK recalls ground beef products

18th Medical Command

YONGSAN — U.S. Forces Korea officials have been pursuing aggressively the recall of certain frozen ground beef products for the past 10 days. The U.S. forces population has been notified through a variety of methods, to include the chain of command, American Forces Network public service announcements and signs in commissaries.

This recall was initiated due to an E. coli food-borne disease outbreak that caused diarrhea in three Japanese children in one family in Okinawa. The potential for serious disease to anyone who consumes contaminated beef that is not properly cooked prompted the aggressive approach taken by U.S. Forces Korea officials.

Officials are particularly concerned because the type of E. coli that caused this outbreak in Okinawa isn't the typical E. coli associated with just diarrhea. This type of E. coli can progress from causing diarrhea to causing kidney damage and even death. Diarrhea will typically start 48 to 96 hours after consumption of the disease agent.

Even though the product from the recall date has been eaten by other consumers in Okinawa and possibly here in Korea, there has been no further outbreak of the disease beyond the original three cases in Okinawa.

USFK health officials stress that hamburgers and other meat foods should be served well done. Proper cooking destroys E. coli, as well as other potential food-borne disease agents.

"If that hamburger is still a little pink, it should be put back on the grill to finish cooking to provide you that additional safety assurance," said Lt. Col. Bob Walters, 106th Medical Detachment.

Consumers may contact their local commissary meat market personnel to assist in identifying whether the product is from the suspect lot (see sidebar). If there is any doubt that the product is from the suspect lot, consumers

should err on the side of caution and destroy it or return the product to the place of purchase for a refund.

Anyone experiencing diarrhea should consult local healthcare providers immediately for prompt treatment, USFK medical officials advise.

USFK officials will continue to monitor the frozen ground beef recall over the next few weeks in order to ensure the health of the command members and their families. Updates will be provided through command channels and public service announcements as the need arises.

Products to check

This recall was initiated because of an E. coli food-borne disease outbreak that caused diarrhea in three Japanese children in one family in Okinawa, Japan.

The product associated with this outbreak was frozen ground beef produced by Richwood Meat Co. from California and was sold through USFK outlets. This product may have been labeled as Richwood Meat Co., California Pacific Associates, SYSCO, Chef's Pride Brand, Golbon, DANCO Quality Foods, Columbus Foodservice or Ritz Food Service.

There are two important pieces of information on packages that consumers should check for to see if they have this product in their homes. Inside the USDA label is a plant establishment number. If that number is "8234" then the frozen hamburger may be subject to recall.

The second identification number is the packaging date. The affected product was all packed on Aug. 11, 2003, or 11-08-03. Both the plant number, 8234, and the packing date, Aug. 11, 2003, must be present on the package to positively identify the product as coming from the affected lot.

If in doubt or to answer questions, contact Lt. Col. Bob Walters at 738-3232 or commissary meat market personnel.

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prevent potential contamination from flowing out of the area. Containment basins were also built to trap fuel and assist in fuel recovery. The small spill site has been marked with yellow tape and declared off-limits to protect personnel and equipment during the cleanup operation.

U.S. Forces Korea, Installation Management Agency-Korea Region, Far East District, U.S. Army Corps of Engineers, Area III, and Defense Energy Supply Center personnel are onsite to supervise and monitor fuel recovery and cleanup. A Korean environmental contractor has brought two "bio-slurper" devices to the site to remove fuel from the area.

The helicopter refueling point that was closed after the leak was detected

reopened Tuesday after being closed for the weekend and Korean Independence Movement Day break. Its 50,000-gallon fuel storage tanks will be replenished by fuel trucks. Helicopter missions at the Camp Humphreys airfield were not affected by the leak or cleanup operation, according to officials here.

"This has been a good example of many people from a number of diverse organizations quickly coming together to get a tough job done. Despite our best efforts to prevent events like this from happening, they do occasionally happen. Our team has as done a great job minimizing negative impacts and enabling the operational mission to continue," said Paul Stuart, civilian executive assistant to the Area III commander.

Official reflects on history of African-Americans

By Margaret Banish-Donaldson

Area I Public Affairs Office

CAMP RED CLOUD — A member of the Area I staff preached about difficulties and inequalities, and about the past and about the future Feb. 25. And the congregation said amen.

The site was Camp Red Cloud's commissary, not a church. The occasion was the Black History Month program and Lt. Col. Carl Prioleau, Area I executive officer, reflected on the history of African-Americans.

Black history observances began 78 years ago by Dr. Carter G. Woodson, an African-American historian and scholar, who founded the Association for the Study of Negro Life and History. Woodson chose the second week of February because it commemorates the birthdays of two men, who to a great extent, affected the African-American community: Abraham Lincoln and Frederick Douglas. In 1976, the weeklong observance was expanded to a month in honor of the nation's bicentennial.

"In 2004 the theme is Brown v. Board of Education, which commemorates the landmark Supreme Court



Lt. Col. Carl Prioleau

decision to desegregate public schools," Prioleau said. "All of us can learn from the special programs and activities conducted nationwide because black history is American history."

For each human being there is a past, present and future. Wrapped up in every human being is the genetic coating that passes on yesterday into today. So, as we celebrate Black History Month, it not only serves as a reminder of the past, rather, a framework for the present and a road map for things to come, Prioleau said.

"Our nation has been shaped by the unique contributions of black Americans, and today, we share the pride of these courageous men and women who challenged every American to live up to the best ideas of our country: freedom, equality and justice," he said. "Individuals like Frederick Douglas, Dr. Charles Drew, Lt. Henry Flipper, Colin Powell, Althea Gibson and Wilma Rudolph are remembered."

There are others who made significant contributions to black society that one doesn't hear much about: William Purvis, of Philadelphia, who invented and patented improvements to the fountain pen in 1890; Frederick M. Jones, who invented air conditioning; W.H. Richardson, for the baby buggy; and Henry T. Sampson, who invented the cellular phone.

"So you see, we are all surrounded by African-American history every single day," Prioleau said. "But, it all goes back to the fact we are one people,

one body with many different talents and abilities."

More than 36 million U.S. residents are African-American or African-American in combination with one or more other races. This group makes up 12.9 percent of the total population, and 2.6 million African-Americans have served their country through military service.

"We live in a world filled with a wondrous diversity of experiences, opinions, physical appearances, cultures, religion and others," he said. "It is not necessary for us to agree on all things, but it is necessary for us to respect one another."

One of the challenges of this age is not only to find a way to live in harmony with people who differ from us, but to celebrate the diversity and learn from it. We can only learn a limited amount from those who are like us, but there is a fortune of knowledge to be gained from those who have a different perspective from our own.

"Black History Month challenges us to unite together as one," he said. "And, it is because of the sacrifices of those who have gone before us that African-Americans can be judged by the content of their character, and not the color of their skin. Sure, we are not totally there yet, and maybe we will never be a colorblind society, but we must keep on dreaming. Keep the dream alive. Keep hope alive."

E-mail banishm@usfk.korea.army.mil

Civic leaders praise volunteers

'Adopt-a-school' program helps Korean students

By Pvt. Stephanie Pearson

Area I Public Affairs Office

CAMP CASEY— Civic leaders from Dongducheon and Camp Casey gathered for a friendship dinner Feb. 27 at the Warrior's Club. The event recognized participants in the "Adopt-a-School" program.

The program sends U.S. and Korean Augmentation to the U.S. Army Soldiers as volunteers to local Dongducheon elementary schools to help teach the students English, said Pae Tong-su, community relations officer for U.S. Army Garrison, Camp Casey.

Lt. Col. Stephen Murray, commander of USAG, Camp Casey, hosted the dinner to recognize and thank the Soldier volunteer teachers, and to promote and work to expand the Good Neighbor Program, he explained.

The main guest speaker was Rhee Myung-sook, chief of education for Dongducheon City, said Pae.

Rhee began by thanking the Soldiers for being away from their families and country to defend the Republic of Korea.

"Today, we gather here to consolidate the United States and Korean alliance... and open a debate relating to elementary school English education support," she continued.

"Foreign language education's main goal is fluent communication. By speaking with natives face to face, (the students) will gain confidence with the language. It is a fact we cannot use effectively what we know in front of a native speaker. Therefore, if we have face to face education, the impact will be great," Rhee said.

"At the same time, we can exchange each other's culture along with the language, and we can learn the way of life as a world citizen," she added.

A discussion of how the program could be improved followed, after which two Soldiers and three KATUSA Soldiers were awarded certificates of appreciation for their volunteer service to Dongducheon Elementary School last fall's session. Two representatives from

Warriors show giving spirit



PHOTO BY PVT. STEPHANIE PEARSON

Col. Jeff Christiansen, Area I commander (right), kicks off the Warrior Country Army Emergency Relief campaign Monday with the first donation. Capt. Samuella Butler, the Area I campaign coordinator, said there are 23 Area I units participating, with two representatives from each unit. The representatives will be responsible for collecting donations within their units, she explained. The campaign runs through mid-May.

NEWS & NOTES

**Uijeongbu Facilities
Extend Hours**

The Camp Red Cloud and Camp Stanley bowling alleys and gyms are now open until midnight Fridays and Saturdays.

**Eighth Army Chess
Tournament**

The Camp Casey Community Activities Center will host the 8th Army chess tournament Saturday and Sunday.

**International Women's
Day**

The USO will host its annual International Women's Day ceremony at the Camp Casey Warrior's Club at 11 a.m. Tuesday. Margaret Wood, the 2nd Infantry Division commanding general's wife, and Dho, Young-shim, the ambassador of cultural cooperation, Ministry of Culture and Tourism, Republic of Korea, will be the guest speakers.

Camp Casey Clinic Closure

The Camp Casey Clinic will be closed on Thursday to prepare for an upcoming accreditation survey. There will be no sick call or appointments taken for this date. The clinic's Urgent Care Area will be operational for urgent or emergency cases only. There will be no sick call.

Town Hall Meeting

Camp Stanley will hold a town hall meeting at Reggie's 6 p.m. March 17. Camp Stanley residents are welcome to attend.

USO Bazaar

The annual USO bazaar will be held at the Camp Red Cloud Community Activities Center 9 a.m. to 6 p.m. March 24-25 and at the Camp Casey USO 9 a.m. to 6 p.m. March 27-28.

**Warrior Invitational
Competitions**

The Camp Stanley Physical Fitness Center will hold a Warrior Invitational boxing competition 6 p.m. March 20 and a Warrior Invitational tae kwon do tournament 1 p.m. March 27. Registration, weigh-ins and medical exams for both events will be held at the gymnasium between 10 and 11:30 a.m. the morning of each competition.

**Thrift Savings Plan Open
Season**

The Thrift Savings Plan open season will be from April 15 – June 30. During this period, servicemembers can enroll in the plan or make changes to their existing accounts.

Cheerleaders to Perform

The Tennessee Titans cheerleaders will perform 7 p.m. Tuesday at Camp Howze; Wednesday at Camp Stanley Gym; March 13 at Rodriguez Range and March 14 at Camp Page.

Camp Bonifas Contest

The Camp Bonifas Recreation Center will hold a "guess the weight of Blarney Stone" contest though March 17. Stop by the Camp Bonifas Recreation Center to enter. There will be prizes.

MWR Band Performance

Armed Forces Entertainment and MWR will present the band 24/7, a high-energy dynamic group performing rhythm and blues and oldies.

- Camp Casey Reggie's Club 8 p.m. today.
 - Camp Red Cloud Mitchell's 8 p.m. Saturday.
- Call 732-6819 for more information.

Warrior Radio offers morning fun, information

Story, photo by David McNally

Area I Public Affairs Office

CAMP FALLING WATER —

Question: This Soldier rolls out of bed at 4 a.m. almost every day. An hour later, she is ready to talk to 20,000 people. Who is she?

Answer: Warrior Radio's morning show host, Pfc. Samantha Spurlock.

"It's a good job," Spurlock said. "I like it because I feel like I'm actually doing something for people in Warrior Country."

Spurlock arrived in Korea in August 2003, fresh from advanced individual training at Fort Meade, Md. The Defense Information School trains Soldiers, sailors, airmen and Marines for careers in public affairs specialties like broadcasting.

Warrior radio broadcasts on 88.3 and 88.5 FM throughout Area I. A live radio show airs 5-10 a.m. weekdays from a Quonset hut studio at Camp Falling Water in Uijeongbu.

When the staff is not spinning tunes live, computers insert the station's preproduced messages over a signal from Seoul.

Spurlock said she knows people are listening when her show starts at 5 a.m. because she gets a lot of telephone calls in the studio.

"They say we have a big variety of music," Spurlock said. "They say I get them pumped up for the day. Some say I'm the only show they listen to."

The audience in Warrior Country has a choice, with a couple of stations broadcasting in English. Because of

nearby Seoul, 20 miles to the south, AFN Korea, on 102.7 FM broadcasts, a live morning show, which reaches many parts of Area I.

"We ask our audience to tune in 88.3 or 88.5 FM," said Staff Sgt. Christopher Seaton, the station commander. "Because people in Warrior Country want to know what's going on in Warrior Country, and they're not getting that on 102.7."

Warrior Radio, "the most dangerous station in the world," as staff members call themselves, is not just a radio station.

"We have our morning radio show," Seaton said, "and the point is to get out all the local command information we can."

Also, Seaton said they have the television mission to produce news reports and command information messages.

"Basically, we're here to tell the story of the 2nd Infantry Division and Area I," Seaton said.

Seaton explained how they get the information they broadcast.

"Most people use their public affairs office," Seaton said. "That way they can be sure their information goes where it needs to go."

Public affairs offices funnel information to AFN, the commander's access channel and area newspapers; however, Seaton said customers can contact AFN directly to get information on radio and television by calling 732-9454.

To the audience, they hear Spurlock on the air for five hours and may wonder how a Soldier can have such a job.

"We work pretty hard," Seaton said. "It's not just being on the radio for five hours and waiting around for the next radio shift."

Seaton said once Spurlock comes off the air, she puts together all the commercials listeners hear on the radio.

"She also produces the content for community calendars you see on television and writes the material used by AFN disc jockeys," he said.

Nine Soldiers and one Korean employee form the staff of AFN at Camp Falling Water.

Seaton explained he has maintenance technicians and broadcast journalists to accomplish their large mission.

The affiliate station also broadcasts live sporting events, news programs and country and oldies music on Thunder AM. In Warrior Country there are many frequencies:

- Uijeongbu - 1161 AM
- Paju and Munsan - 1140 AM
- Camp Casey - 1197 AM
- Camp Page - 1440 AM

Seaton said his news crews are always on the move. He said, on the average his reporters travel an hour to a story location, conduct interviews and shoot video, then return to the station to edit and send the news piece to AFN Korea in Seoul.

"There's enough going on that it never goes away," Seaton said. "If we didn't go home, we'd be working."

For more information on radio and television schedules, Seaton said the unit has a Web site at afnkorea.com.

E-mail david.mcnally@us.army.mil



Pfc. Samantha Spurlock hosts the Warrior radio morning show from a Quonset hut studio at Camp Falling Water in Uijeongbu Feb. 12.

ACS welcomes newcomers to Area I

Story, photos by Pvt. Stephanie Pearson

Area I Public Affairs Office

CAMP RED CLOUD — Army Community Services holds newcomer's orientation the last Wednesday of each month at the Camp Red Cloud ACS classroom. An orientation was held Feb. 25.

"The newcomer's orientation is to welcome people who are new to Area I and the 2nd Infantry Division," said Christy Allen, ACS social services representative at Camp Red Cloud. "It's to let people know what services are available to them in the area."

The day began with a welcome from Lt. Col. Brian Vines, commander of the U.S. Army Garrison, CRC.

In his remarks, Vines introduced himself and offered some advice for the Soldiers' stay in Korea.

"The two things I emphasize are the things you should not do, and the things you should do while you're here," he said.

The main things Vines advised soldiers to avoid are supporting human trafficking, and excessive drinking and the trouble that can go along with it. He encouraged Soldiers to experience the culture, use Morale, Welfare and Recreation facilities and enjoy Korea while they are in the country.

After Vines' remarks, representatives from different post services gave the newcomers a series of short briefings about what each service had to offer Soldiers. The legal office, MWR, the fire department, Better Opportunities for Single and Unaccompanied Soldiers, and the USO were among those services represented, Allen said.

Sgt. 1st Class Travis Tate, Area I logistics noncommissioned officer in charge, has been in Korea for about two weeks and was one of the newcomers at February's orientation. He said he found the briefings very informative.

"All the briefings were great, and you actually wanted to listen to them," Tate said.

See **Newcomers** on Page 8



Servicemembers enjoy a traditional Korean meal as part of the Army Community Services' newcomer's orientation. People-to-People, an organization dedicated to preserving Korean-American friendships, provided the lunch and introduced the attendees to Korean culture.



Newcomers paint traditional Korean masks during the orientation Feb. 25. The attendees kept the masks after the class as a souvenir.



Sgt. 1st Class Travis Tate learns the Korean mask dance.

Tax Assistance Center holds grand opening

By Pfc. Ian Boudreau

2nd Infantry Division Public Affairs Office

CAMP CASEY — It is tax season once again, but Area I Soldiers do not need to worry: the 2nd Infantry Division and Area I Tax Center is open and ready for business.

Brig. Gen. John F. Shortal, an assistant division commander for the 2nd Infantry Division, presided over a ribbon-cutting ceremony at building T-44 Feb. 18.

The tax center's staff of 20 Soldiers from around the 2nd Infantry Division is trained in tax preparation and usually can complete average federal and state returns in 15 – 20 minutes, said Staff Sgt. Douglas Kelly, the noncommissioned officer in charge.

"They're coming out with new programs that make

e-filing your tax return a lot easier," Kelly said. "We can do it on the spot."

Filing tax returns with the tax center comes at no cost to Soldiers, Kelly said.

While do-it-yourself tax return services are available online, they usually cost about \$60 in preparation and filing fees, Kelly said.

Multiply that number, plus additional expenses, by the 6,700 servicemembers, retirees, dependents and Department of the Army civilians the tax center helped last year, and official estimate how much money the program saved – more than \$500,000 in Area I alone.

"We really encourage Soldiers to come down here," Kelly said, "because this is money they're entitled to, and we get it to them free of charge."

The tax center, which can handle about 100 returns a day, sees clients either as walk-ins or by appointment, Kelly said.

Soldiers who e-file their return to the IRS can usually expect to see their return in one to two weeks, Kelly said.

Before heading to the Tax Center, make sure you have your W-2 form, and any Form 1099 Interest Statements. If you have a child, officials advise to bring proof of a child's Social Security Number, preferably last year's tax return.

The tax center is located adjacent to the helipad and next door to the Army and Air Force Exchange Service snack bar. The center's hours are 9 a.m. – 7 p.m. Tuesday to Friday and 9 a.m. – 5 p.m. Saturday.

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Adopt-a-school from Page 5

Bravo Company, 2nd Forward Support Battalion, Division Support Command, were awarded certificates of appreciation from Sangyeon Elementary School.

The schools to receive Soldier volunteer teachers for the spring session, to begin March 13, are Jihaeng, Soyo, Sadong and Songnae elementary schools in Dongducheon. Shincheon, Dongbo, Bosan and Topdong elementary schools will

receive Soldier volunteer teachers for the fall session.

Soldiers will help each school for 12 weeks.

Rhee said she looks forward to continuing and improving the Adopt-a-School program.

"We highly expect that English class with a native speaker will greatly improve our children's English skills," she said.

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Newcomers from Page 8

The briefings finished at noon. The newcomers then headed to a Korean restaurant in downtown Uijeongbu for lunch. At the restaurant, the Soldiers sat on the floor in traditional Korean style around a long, low table laden with Korean dishes, including bulgogi and kimchi.

The local Korean chapter of People-to-People International hosts the monthly lunch. People-to-People is a nonprofit organization founded by President Dwight D. Eisenhower in 1956 to enhance international understanding and friendship through educational, cultural and humanitarian activities involving the exchange of ideas and experiences directly among peoples of different countries and diverse cultures, according to its Web site, www.ptpi.org.

Allen believes it is important for Soldiers to understand local customs.

"We try to give newcomers a brief introduction to Korean culture," Allen said. "That's why we take them to a Korean restaurant – they get introduced to Korean eating styles, Korean food and eating with chopsticks."

"I'd like to commend the partnership between the garrison and People-to-People," Vines said. "Through their donations, we're able to give the soldiers a traditional Korean lunch."

Tate said this was his first time eating in a Korean restaurant. He enjoyed the food and learning the customs. It was his favorite part of the orientation, he said.

After lunch, the newcomers went to the Uijeongbu train station. Public transportation is the key to getting out and seeing Korea, said John Kang, the ACS bicultural coordinator and orientation guide.

"The majority of Koreans use public transportation, so it's important for Soldiers to learn to use it, too," he said.

After a brief tour and explanation of how to use the trains and subways, the newcomers continued on to an amphitheater where a traditional Korean mask dance is performed in the spring and summer. It was too cold for the outdoor performance this month, so instead the dancers invited the Soldiers inside the practice studio, where they gave lessons on performing the dance.

Seo Seung-kook, one of the performers, explained the history of the dance and the masks they wear. Before each performance, the dancers make their own masks out of papier-mâché. Then the masks are painted using pigments made from ground natural substances, such as stone, leaves and bark, he said. Traditionally, the masks are burned after each performance.

After their dance lesson, the Soldiers were each allowed to paint masks of their own to take home.

Although the orientation ended there, the knowledge and skills the soldiers learned will stay with them throughout their tour here, said Allen. She encourages all newcomers, both civilian and military, to attend.

"If you're new in the area, you should definitely come," she said. "If you are interested, just call us up or come by and we'll reserve you a spot."

"Everyone should come on this trip. It was a great experience," said Tate, adding that it was "the best experience I've had in Korea thus far."

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Korean traditional cuisine rounds out a free lunch at the newcomer's orientation Feb. 25.

SAHS students explore engineering at career day

By Linus Lee
Area II Public Affairs Office

YONGSAN — In commemoration of National Engineers Week, Feb. 22-28, the Far East District U.S. Army Corps of Engineers hosted an Engineers Career Day Feb. 26 at the Seoul American High School auditorium. Students from John Malone’s physics class, Evelyn Heath’s chemistry class, and Debra Beckham’s algebra II class got a chance to experience what it would be like becoming an engineer.

There were eight different stations with various topics, including environmental engineering, geotechnical engineering and architectural engineering. Each station had posters, tools and a presenter for each table.

“Our goal today is to expose high school students, especially minorities

and females to consider engineering as a career,” said James Saucedo, chief of geotechnical section. “Hopefully this presentation encouraged them to become engineers. We need more engineers in the world.”

The eight stations were three dimensional computer aides drafting, geographical information system and surveying instruments, environmental engineering, engineering division, geology and geophysics, American Korean architecture and engineering Inc., Society of American Military Engineers , and SAHS Engineering Club.

SAHS students were particularly interested in the environmental engineering station. They learned about what uniforms are worn for certain environmental situations, such as chemical spills. They also got a chance to observe what asbestos looks like in its solid form. Asbestos is either of

two incombustible, chemical-resistant, fibrous mineral forms of impure magnesium silicate, and is used for fireproofing, electrical insulation, building materials, brake linings or chemical filters.

“I am proud my organization brought us here to SAHS,” said Chris Vaia, environmental engineer technician. “My command felt it was important that we present to the student body. We want students to become educated about their environment because they will be living in the future. Environmental engineers are cool because they identify a problem, investigate a problem and solve the problem.”

Not all the presenters were U.S. Army Corps of Engineers. There were four SAHS students who also represented an engineering station. Will Parker and Alex Kim gave out pamphlets

and represented the adolescents of SAME. Jesse Thompson and Betts White are part of the Engineering Club at SAHS. They had several creations including a catapult and a motorized windmill.

“The engineering camp I attended was absolutely awesome. SAME paid for all expenses and all I had to do was enjoy and learn,” said senior Alex Kim. “I advise all underclassmen to hurry and apply to either the camp at Port Hueneme, Calif., or at the Air Force Academy.”

“Environmental engineering is a growth field. I encourage my students to major in this field because the world needs more environmental engineers,” said Kurt Camerud, science environmental teacher. “We need more right now. You will be guaranteed a job if you become an environmental engineer.”

Partner with commissaries to ‘shop smart,’ ‘eat smart,’ ‘stay healthy’

By Kay Blakley
DeCA Europe Consumer Advocate

FORT LEE, Va. — March is National Nutrition Month and this year’s theme “Eat Smart – Stay Healthy” becomes “Shop Smart, Eat Smart – Stay Healthy” when you use your commissary benefit to buy the best nutrition for your dollar.

If you are a “good food-bad food” thinker, a fast-food or junk-food junkie, a low-fat or no-fat subscriber or even a strict, low-carb dieter, March is a good time to step back and contemplate an honest answer to that famous Dr. Phil question, “How’s that working for you?”

For reliable nutrition advice, based on the latest scientific research, visit <http://www.usda.gov/cnpp/publications.html> and print a copy of the “Food Guide Pyramid” booklet. It’s several pages long, but it contains such useful and easily understood information, that it is well worth the effort. There are also publications containing tips for using the pyramid for young children and one dedicated to figuring out where your favorite foods fit in. Next, go to <http://www.cfsan.fda.gov/~acrobot/foodlab.pdf> and print a copy of “Guidance on How to Understand and Use the Nutrition Fact Panel on Food

Labels.” Finally, if you’d like to know how many calories a food contains, or which foods are the best source for a particular nutrient, go to <http://www.nal.usda.gov/fnic/cgi-bin/>

[nut_search.pl](#) and use USDA’s online “Nutrient Database.” It lists up to 117 nutrients for more than 6,000 food items. Now you’re armed with all the information you’ll need to make a whole

year’s worth of healthy nutrition choices. And it’s all totally free. Use the “Food Guide Pyramid” as your

See **Nutrition** on Page 10

‘This place is really cool!’



Children from the Area II community take part in the grand opening of Reggie’s family restaurant at the Main Post Club Feb. 27. The club gave out balloons, prizes and free food to all in attendance. See related story on page 3.

NEWS & NOTES

National Nutrition Month

March is National Nutritional Month. The Area II Health Promotion Program in conjunction with the Yongsan Commissary produce department will set up a display at the Yongsan Commissary and provide nutrition information as well as nutritious food samples to the community. The display will run 1-4 p.m. Saturday, Wednesday and March 18 and 26.

Voter registration

Voter registration has begun in Area II. For more information, contact a unit voting assistance officer.

Book Drive

The Girl Scouts are conducting a book drive during Girl Scouts Week's Reading Night 5 - 9 p.m. Wednesday at the Seoul American Elementary School Gym. For more information, e-mail matautias@usfk.korea.army.mil.

AFTB Training

The Army Family Team Building program offers free training to improve personal and family preparedness; and enhance overall military readiness. For more information, call 738-3617.

Volunteers Needed

Volunteers are needed for the Exceptional Family Members Program June Jamboree being held June 6 at Yongsan. For more information, call 738-5311.

Looking for Talent

The Area II Equal Opportunity Office is celebrating the Women's History Month Observance 11 a.m. March 17. Talented individuals are also needed. For more information, call 738-5950.

Foster Care

Army Community Service Family Advocacy Program is currently looking for very special people who are willing to help children in the community by providing a temporary nurturing home in situations where their natural family can not care for them. For more information, call 738-3034.

Reunion in Korea 2004

Affordable tour package includes roundtrip air fare from United States to Korea and return, meals, tours, with or without hotel accommodations now available. Tour dates this year are April 19-22, May 17-20, Sep. 20-23, Oct. 18-21. To reserve seats, visit the Reunion webpage at <http://www.korea.army.mil/pao/cr/reunion.htm> or call 723-3474 10 a.m.-5 p.m.

AFSC Scholarship Application

Applications for the annual American Forces Spouses Club scholarship awards are available at the Seoul American High School guidance counselor office. All applications must be postmarked by April 1. For more information, visit www.afsckorea.org.

Area II Volunteer of the Quarter/Year nomination

Volunteer of the Quarter and Year Nomination Forms are available. Deadline for applications is April 13. For more information, call Faithleen Henderson at 738-7510.

FFPI Training

Protect yourself and your family by attending Force and Family Protection Initiative training at 38th Chemical Detachment on Yongsan South Post. Classes will be held April 12, 13 and May 26 and 27. For more information, call Spc. An at 738-3658.

Unattended cooking causes Area II housing fires

By John H. Derengowski

Area II Fire Prevention Office

YONGSAN — Cooking, especially when it involves cooking oil, is the leading cause of fires in residences. While kitchen fires seldom kill people, they injure thousands, and cause property damage in the millions of dollars each year.

In Area II, there have been six cooking related fires in family housing units and bachelor quarters in the past 60 days. All were caused by unattended cooking.

Unattended cooking is a common mistake. People begin cooking a meal and somehow become distracted with other things. The kids, a telephone call, a knock at the door, running to the store for a short trip, or a favorite television program can easily distract someone away from the kitchen.

Another factor that could lead to fires in military quarters is cooking while intoxicated and subsequently falling asleep. Last year there were two fires in bachelor quarters suspected to be alcohol related.

It only takes a few seconds for an unattended pan of cooking oil to ignite and set fire to everything adjacent to it.

Three types of fires may occur while cooking. One type of kitchen fire is dry cooking. This type of fire usually happens when warming or cooking foods such as rice, vegetables, fruits or leftovers in a pan on the stovetop. When left unattended, the water and moisture boils away and the food dries and scorches. Usually no great amount of fire damage will occur, but lots of smoke that will leave a residue and odor throughout the house. Getting

rid of the smoke stench can be expensive. Normally turning off the heating element, and with an oven mitten, moving the pan slowly to a cool element is all that is required. Depending on the proximity of other combustibles, the heat can ignite surrounding items and escalate into a major fire with significant damage.

Another type of cooking fire is the oven fire. Oven fires normally result from baking or broiling greasy foods. Foods that make contact with the heating element can also cause this type of fire. Fires in ovens usually remain in the cooking chamber, designed to contain the heat. With the oven door closed, and the heat turned off, this type of fire will normally self extinguish. However, occasionally grease accumulation in the oven causes the fire to continue burning even after the appliance is off. The heat from the burning oven may transfer to adjacent cabinets causing them to scorch, and sometimes ignite. Keep the oven door closed, call the fire department immediately, and be prepared to use a fire extinguisher if necessary.

By far the most common and most dangerous type of cooking fire is the cooking oil fire. These fires occur when cooking oil or greasy foods, left unattended, heat to ignition. Clean oil that does not have excess food fat in it is very hard to ignite. Many fires actually start when the food fat aerates and bubbles over the side of the pan and touches the flames or burner causing it to ignite. It is recommended that cooking oil be changed when it becomes loaded with food fats.

Grease fires usually cause a great deal of damage in a short amount of

time. Flames from the burning pan of grease quickly extend to the surrounding cabinets and other combustibles in the area. If left unchecked, this fire can extend to other rooms and become a major house fire.

The simplest way to extinguish a grease fire is to place a lid over the pan and turn the heating element off. The fire will quickly suffocate. If a lid is not available, immediately use a portable fire extinguisher. If the flames are too great, do not risk injury, evacuate to safety and call the fire department.

Never attempt to put water on a grease fire. Water added to hot grease will dramatically increase the size of the fire, and result in serious burns.

Never attempt to carry a flaming pan of hot grease or oil out of the house. It will be too hot to carry, increasing the chance that it could be dropped and spread the fire throughout the residence.

No matter where the fire occurs, it is essential to know what to do. In all cases, life safety should be the first consideration. Make sure all persons evacuate to a safe location. Call the fire department. If the fire is still small, attempt to extinguish it with a portable fire extinguisher. It only takes a few seconds to turn a great meal into a disaster.

More information about residential fire safety is available by calling the Yongsan Fire Prevention Office at 738-7900. To report an on base fire from on base dial 117 or 911. To report a fire from Hannam Village dial 0505-738-0117. For an off-base residence, call the local Korean emergency number, 119, or 0505-738-0117 if assistance is required in translation from English to Korean.

from Page 9

Nutrition

basic roadmap, but pay close attention to what counts as a serving. Trying to squeeze five or more servings of fruits and vegetables into one day's meals may seem like a huge amount, but it's really not. A 6-ounce glass of 100-percent juice at breakfast is one serving. Sprinkle one-fourth cup raisins on a whole grain cereal like oatmeal, that's two servings. A one-cup serving of vegetable soup for lunch takes you to three. An afternoon snack of baby carrots is four. And, just one-half cup of cooked vegetables with dinner brings you to five! Measure servings in the beginning, if needed, until you have a firm idea of exactly what a one-half cup serving of cooked vegetables, or three ounces of meat or one-half-cup serving of cooked cereal, rice or pasta looks like.

Once you have a handle on serving size and a clear understanding of all the components that make up a healthful diet, even "good food-bad food" thinkers will understand there's a place

for nearly all foods in a well-balanced diet. Junk-food and fast-food junkies will see how an entire day's allotment for calories, fats and sweets can be exceeded with just one fast-food meal or super-sized treat. Those high-sugar, high-fat and high-calorie favorites can still be on the menu, but only as rare treats, not as daily fare. Low-fat and no-fat subscribers will see that a certain amount of fat in the diet is necessary. Up to 30 percent of total calorie intake is the recommended amount, with saturated fats accounting for no more than about 10 percent of the total fat allowance. And strict low-carb dieters will realize they are missing the important vitamins, minerals and fiber supplied by fruits and vegetables and whole grain breads, cereals and pastas because these foods also contain carbohydrates. It's a smart choice to include as many of these foods as possible, by focusing on those with the lowest carbohydrate content.

Plan a week's worth of healthful

menus using your newly acquired nutrition knowledge and write out a detailed shopping list. Arrive at the commissary well rested and well fed. You're more likely to reach for high-calorie, high-fat or high-sodium convenience foods when you're tired and more tempted by empty calorie sweet treats when you're hungry. Stick to your list as closely as possible, but try to take advantage of sale items. Choose the most nutritious buys by taking the time to read nutrition labels carefully.

You'll leave the checkout counter with grocery bags packed to the brim with nutritious, delicious foods. And because you're shopping in the commissary, you'll have it all at an average savings of 30 percent. What a great sense of satisfaction! It's a routine to repeat not just during National Nutrition Month, but every month throughout the year!

E-mail kay.blakley@deca.mil

English language traffic advisories debut on Korean radio

By Joe Campbell
Area II Public Affairs Office

YONGSAN — Driving in Korea can be a challenge, especially when English-speaking drivers do not have the added assistance of local radio stations providing updates and advisories in English.

Beginning March 15 drivers may find some relief by tuning into the Traffic Broadcasting System, FM 95.1 to hear the latest information about traffic conditions in the greater Seoul area. The three-minute broadcasts will air six times daily beginning at 6:55 a.m.

“The English broadcast is aimed at providing non-Korean speaking

foreigners in the city with the updated traffic reports they need to get around,” said Nam Seong-wook, TBS director. “We hope the new programs will draw regular listeners – foreigners and locals.”

Two additional broadcasts will also run with the traffic bulletins. “Hi Seoul, The City at your Feet,” will air at 9:05 a.m. providing information on culture

and tourism, and “I Love Seoul” airs at 9:05 p.m. giving listeners brief news on foreign communities and current events.

According to officials, 74,000 foreigners have registered as Seoul residents, with nearly half of them from English-speaking countries.

E-mail campbellja@usfk.korea.army.mil

Girl Scouts celebrate 92 years of growing strong

By Erica Koonmen
Girl Scouts Overseas - Seoul

YONGSAN — Happy Birthday Girl Scouts! This month, more than 3.8 million girls and adults across the globe celebrate the fun, friendship, and power of girls together.

Ninety-two years ago, Juliette Gordon Low made a historic phone call to her cousin, Nina Pape, “Come right over! I’ve got something for the girls of Savannah, (Ga.) and all of America...”

Today, Girl Scouts continue to play a significant role in the lives of girls and in American history.

During Girl Scout Week, March 7-13, the organization renews its commitment to help every girl to have the opportunity to grow strong and

realize her potential.

Each year Girl Scout Week commemorates the 1912 founding of Girl Scouting in the United States by Low. In the 92 years since, the organization has helped shaped the lives of more than 50 million women.

Girl Scouts Overseas - West Pacific provides services to Girl Scout troops in mainland Japan, Okinawa and Korea. They currently serve 2,000 girls and 1,000 adult volunteers at 14 military locations in the Pacific theater.

Locally, the Girl Scouts in Seoul are celebrating with a week of educational and fun-filled events. It kicks off with Girl Scout Sunday on Sunday, continues with a Reading Night, a Glamour Night, a Movie Day and ends with Girl Scout Sabbath on March 13. Anyone interested in joining Girl Scouts may contact Candy Johnson

at gsocseoul@yahoo.com or call 011-9164-3862. This celebration highlights the girl scout motto Girl Scouts...Where Girls Grow Strong!

Under the Overpass




PHOTO BY PVT PARK JIN WOO

Pedestrians walk under the Yongsan overpass via a newly opened walkway on Yongsan Main Post adjacent to gate 5. The walkway allows easy access to the Main Post Club, Moyer Community Services Center and Yongsan Lanes.

Experience
Greater Seoul

Cultural Events, Tours and Entertainment

USO Tours

- Panmunjom(DMZ) and Tunnel – 7:30 a.m. - 4 p.m. Saturday
- Ski Tour – 6:30 a.m. - 9 p.m. Saturday
- Seoul Land and Zoo – 8 a.m. - 4:30 p.m. Sunday
- Cultural Tour – 8:40 a.m. - 3:30 p.m. Thursday
- Sheraton Walker Hill Dinner Show – 3 a.m. - 9 p.m. March 12
- Panmunjom (DMZ) and Tunnel – 7:30 a.m. - 4 p.m.Saturday
- Seoul City Night Tour – 3:45 p.m. - 10 p.m.March 13
- Kangwha Island – 8:30 a.m. - 4:30 p.m.March 14

Call 724-7003 for detailed information about USO tours from Camp Kim.

Royal Asiatic Society Free Lectures

- The “Walking Lecture Tour of Chosun Dynasty Seoul” led by Peter Batholomew – 9 a.m. Sunday at the Tok-Su Palace main gate.
- The “Korean Folk Painting” lecture presenation by Kim Man Hee – 7:30 p.m. Wednesday at the Auditorium of Daewoo Foundation Building, eighth floor.

Royal Asiatic Society Tours

- Tour to Songnisan Popchusa National Park – 8 a.m. - 8:30 p.m. March 6

Call 02-763-9483 for more information about Royal Asiatic Society events.

Exhibitions

- Jurassic Park Tour in Korea runs now through April 30 at the COEX Mall. Call 02-6000-0261 for more information.
- Robot World Adventure Exhibition is running at the special exhibition hall of the Seoul National Science Museum.Visit <http://www.sfrobocon.com> for more information.
- Visit the Korean Gugak Record Museum located at the Bukhangang River Cafe town of Serjong-myeon, Yangpyeong-gun. Visit <http://www.hearkorea.com> for more information.

Entertainment

- D’sound live in Seoul will be at

the Dome Art Hall Thursday. Call 02-515-7941 for more information.

- Incubus live concert in Seoul will be at the Olympic Hall Wednesday. Call 02-410-1233 for more information.
- David Benoit Quartet live in Seoul will be at the Hall of Art March 16. Call 02-3487-7800 for more information.
- Claude Bolling Jazz Ensemble live in Seoul will be at the Dome Art Hall March 27. Call 02-701-2705 for more information.
- Gary Burton live in Seoul will be at the LG Art Center June 6. Call 02-2005-0114 for more information.
- Bob James and Harvey Mason with friends live concert in Seoul will be at the COEX auditorium March 20. Call 02-566-1272 for more information.

AAFES opens subway and Pizza Hut

Army and Air Force Exchange Service

YONGSAN — Pizza Hut and Subway opened Thursday in the Yongsan Dragon Hill Lodge lower lobby. The soft opening allows customers to come in and enjoy two

of their favorite stateside restaurants before the formal opening scheduled March 19. The latest additions to the Army and Air Force Exchange Service food concepts in Korea, the Pizza Hut and Subway will offer those stationed or

visiting Korea’s capital city two more tastes of home from companies famed throughout the world for their pizza and sandwiches. Subway will feature four types of bread – oregano and parmesan, honey and oat, white and wheat, the same

offerings found stateside. The Pizza Hut will offer personal pan pizza, buffalo wings, pasta bakes, sandwiches, and their tasty pizza. Operating hours are 10:30 a.m. – 9 p.m. Sunday – Thursday and 10:30 a.m. – 10 p.m. Friday and Saturday.

Five steps outline how to be ‘WHOLE’

By Chaplain (Capt.) Darin G. Olson
Third Military Intelligence Battalion

CAMP HUMPHREYS — As a chaplain I have seen many people emotionally limp through life. It’s as if the hurts and losses from the past have kept them from having the abundant life that the Bible talks about.

As I’ve read from the Bible and tried to learn from the insights of others, as well as practicing on myself, I have come up with the acronym “WHOLE” that I believe will help people to “be all they can be” emotionally.

The first letter in “WHOLE” is W, and this stands for why? When terrible things happen our natural reaction is to ask why.

“God, why did you allow this?” or “God, why did this happen?” The frustrating thing about this is that we rarely get an answer. These terrible things usually don’t



Olson

make sense to us, and yet if we don’t simply move on to new questions such as, “now what?” we will find ourselves forever limping through life.

The second letter in the acronym WHOLE is H and that stands for being honest about our

feelings. It seems as if when we are honest with God and others about how we really feel, this somehow let’s out the pain so God’s healing Holy Spirit can come in. The Bible says, “...the truth shall set you free.”

The third letter in the acronym WHOLE is O and that stands for offer thanks. The Bible says, “...give thanks for everything to God...” Offering thanks is saying to God, “God, I trust what you’re doing in my life, even when it hurts, and by faith I say thank you.” It’s possibly the most pivotal and difficult step.

The fourth letter in the acronym WHOLE is L and that stands for listen or look for God. God has told us in his word, “Never will I leave you; never will I

forsake you” (Hebrews 13:5). When those terrible things were happening to you, God was there. Take a few moments in prayer and relive that painful memory asking God to make himself known, and then listen and look for God.

Finally, the fifth letter in the acronym WHOLE is E and that stands for expect to minister. The Bible says, “He comforts us in all our troubles so that we can comfort others.” (2 Corinthians 1:4) God does not want your pain to go wasted. Instead, he wants to use the past pain in your life to help bring healing to others. Ministering to others helps us get our eyes off of our own pain and helps us to start looking forward.

By God’s grace, may you be WHOLE.

Area III Worship Services

Protestant

Lutheran	Sunday	8 a.m.	Freedom Chapel
Collective		10 a.m.	Suwon Air Base
		10:30 a.m.	Camp Eagle
Collective		10:30 a.m.	Zoeckler Chapel
Collective		11 a.m.	Freedom Chapel
		12:30 p.m.	Camp Long

Gospel	Sunday	1 p.m.	Freedom Chapel
Later-day Saints		4 p.m.	Freedom Chapel
Contemporary		6 p.m.	Freedom Chapel
Korean		7 p.m.	Camp Long

Catholic

Mass	Daily	11:45a.m.	Freedom Chapel
Mass	Sunday	9:30 a.m.	Freedom Chapel

Mass	Sunday	1 p.m.	Suwon Air Base
Mass		4 p.m.	Camp Long
Mass		5:15 p.m.	Camp Eagle

Area III Chaplains

Chaplain (Lt. Col.) James Benson
bensonja@usfk.korea.army.mil
753-7274 or 011-9496-7445
Chaplain (Capt.) Darin G. Olson
olsondg@humphreys1-501mi.korea.army.mil
753-3049

Mud from Page 1

"I think the Soldier's attitude is the biggest factor," said Lt. Col. Steven Smith, commander of the 498th Combat Support Battalion. "They recognize they are under tough conditions and they're adapting to it."

Chief Warrant Officer 3 Gwendolyn Carr, 305th Quartermaster Company, concurred, "What we have to do is adapt to change."

Carr explained how her troops had set up a ration issue point at Dagmar North.

"Our first day we were issuing rations to units in the 501st and we were attacked. So, everybody headed out to the perimeter," Carr said.

Carr described how their issuing mission paused while the task of defending the site became a priority. She said with a team effort the Soldiers repelled the attack of the opposing forces, and resumed issuing rations until early in the morning.

"That was a long night," Carr said with a smile. "We issued rations until about 0230 hours."

On the banks of the Imjin River, Soldiers from the 305th Quartermaster Company had set up an operation to provide drinking water to the entire group by pumping river water through their purification equipment.

"We expected rain," said Sgt. 1st Class Daryl Moment, noncommissioned officer in charge of the water operation. "What we didn't expect was how fast the river would rise."

Moment said the river swelled in a matter of about 45 minutes. He said they had to adjust the hoses and the location of the purification units; however, they were able to continue to purify 3,000 gallons of water an hour.

"The Soldiers are doing great out here," Moment said. "They're reacting to all the scenarios. They're having fun and they're



Spc. Benjamin Amparo, 305th Quartermaster Company, prepares to move equipment in heavy mud Feb. 25 at Dagmar North training area.

learning about the tactical part of their job."

Huge tractor-trailer trucks lined up for their fill of new fresh water. Bladders holding massive amounts of water were filled to capacity.

"The bladders look like a big burrito laying on the back of the trailer," Moment said. "The water tastes good. We can purify fresh, salt or brackish water."

"When you go to war, how would you do your mission?" asked Capt. Ivy Stampely, the assistant operations officer for the group. "You train like you fight."

"It's very muddy and somewhat cold," Smith said. "However, I think my Soldiers learned the importance of balancing force

protection responsibilities with our combat service support mission."

Smith said they adjusted some of their routes in and out of the training areas based on traffic conditions.

"We would like for it to be perfect weather, not to be attacked while serving customers, for everything to be perfect," Carr said. "But, this is real. We're able to be flexible and accomplish our mission."

"The whole purpose of an evaluation is to determine where we need to focus the training program," Washington said. "When you get down to the Soldier level, it's all those tasks, first of all to survive on the battlefield, and then it is up to the

individual Soldier to perform the actual job."

Washington said after action reviews were ongoing during the exercise. She said Soldiers would have a good idea of how they perform before the units return to garrison.

"A detailed report will follow," Washington said. "But, everybody will walk away with an understanding of what they really need to focus on."

Smith said while the evaluation lasted for a week, many of his Soldiers would remain in the field until early March to support the 2nd Infantry Division.

E-mail david.mcnally@us.army.mil



Spc. Josue Oreus, 305th Quartermaster Company, walks in thick, sticky mud caused by two days of heavy rains.



Sgt. 1st Class Daryl Moment, 305th Quartermaster Company, adjusts a water hose leading from the Imjin River to his unit's water purification unit.

High-tech system gives customers the edge

ICE offers feedback over the Internet

Area IV Morale, Welfare and Recreation

DAEGU — A web-based customer feedback program first implemented in early 2003 has begun to show signs it may become a top tool for measuring service success in Area IV.

The Interactive Customer Evaluation System – ICE – provides an online outlet for customers who want to voice their concerns, share ideas and suggestions or just say thank you to managers and staff for a job well done. Because ICE can be used over the Internet, customers are afforded the convenience of logging on at their leisure to share information with their service providers.

A benefit of ICE is the dual

communication it offers to both customers and providers. When customers enter the system, they can fill out the rating card and enter written comments. The card is then forwarded to a central system at the Office of the Secretary of Defense where it is stored, then forwarded directly to the e-mail account of the manager of the facility being rated. The entire process takes a matter of minutes, so feedback is timely and direct, and there's no chance of information being lost, redirected, or discarded. Customers also have the option of leaving personal information and requesting a response. In the case of Area IV, managers are required to respond to ICE submissions within 48 hours.

"Due to the prompt delivery system, we're able to respond to patrons immediately. It allows us a new perspective on our facilities, programs, quality of customer service and acts as

a valuable tool for recognizing employees who are doing an outstanding job," said Darryl Chandler, Camp Walker Fitness and Aquatics Facility and Program manager.

Recently, Area IV Morale, Welfare and Recreation has picked up on its efforts to inform the community on how to use the system by implementing local promotions such as "ICE Us Week" held at Camp Hialeah's Army Community Services in February. Hialeah ACS staff invited customers to stop in and log on.

"We promote the system with all of our customers because their feedback is essential," says Jennifer Fields, ACS information and intake coordinator. "We want to know what we're doing right, or wrong, and how we can make our programs and services better."

ICE is not restricted to MWR facilities. Agencies such as the Army and Air Force Exchange Service, the Department of Public Works and

American Forces Network are already in the system with new service providers being added monthly. By signing on as a provider, activities have a timely, efficient, manageable way to monitor and evaluate their services over time, and to identify specific weaknesses through the rating system.

They can also tailor their information and questionnaire to accrue specific data. For example, AFN has posted a complete survey on its section of the site that tells them who is listening, when, where and to what type of music. By knowing its audience, AFN can adjust to reach the military community in the most efficient and effective manner possible.

Area IV is just one of several locations in Korea using the Interactive Customer Evaluation system. To find out more or to give feedback on providers in the area, log on to <http://ice.disa.mil> or call 768-7563.

from Page 3

Reggie's

American and Korean establishment," said Shuman. "In order for the staff to be able to talk about the different entrees to customers, they had to memorize the ingredients, see how it was prepared and actually taste it so that they could explain it to the customer."

All customers can expect refined hospitality, not just good quality food, Shuman added.

The Main Post Club offers a variety of activities throughout the week at the Underground and the Uptown Lounge,

such as pool tournaments on Tuesdays, karaoke on Thursdays and dancing on Saturdays.

"The Uptown is a quaint place to sit and relax while enjoying live music or surfing the Internet at your table," said Dan Melton, Area II business manager. "It offers short order sandwiches and pizza at Reggie's Express."

The club also hosts unit functions, special events and catering.

"I had a good time at Reggie's grand opening because it has been closed for

so long and the community really needs a great place to unwind," said Sgt. Major Michael Novogradac, Headquarters and Headquarters Company, 8th U.S. Army.

Hours of operation and additional information about unit functions are available at the Main Post Club or by calling 724-5678.

Editor's note: Christine Cho is a volunteer staff writer for the Area II Public Affairs Office.



Tennessee Titans Cheerleaders

The Tennessee Titans Cheerleaders are touring Korea. The cheerleaders also will hold a cheerleading clinic 1p.m. Saturday at Main Post Club Underground. Performances by the cheerleaders are scheduled: 7 p.m. Sunday at the Camp Greaves gym; 7 p.m. Tuesday at the Camp Humphreys Community Activities Center; 7 p.m. Wednesday at Camp Casey's Carey Fitness Center; Thursday in Area IV.

Bowling Center Grand Reopening

The Walker Bowling Center will reopen its doors 3 p.m. Thursday. Customers are invited to tour the facility, partake of free food samples and bowl for free 4-5 p.m. The ribbon cutting and opening ceremony begins 4 p.m. Call 764-4334 for more information.

Coaches Needed

Coaches are needed for youth baseball and swim teams. Coaches for baseball are needed by the end of March while swim coaches are needed before the beginning of the swim season in May. For more information, call Neil Fletcher at 764-4859.

Ski Trips

The Walker Community Center is hosting an overnight trip to Yongpyong Ski Resort Saturday and Sunday. The cost is \$120 per person and includes lift tickets for two days and one night, one night's accommodations at a youth hostel, ski and snowboard rental for two days and transportation.

A day trip to Muju Ski Resort is planned for Monday, departing 5:30 a.m. and returning at 8 p.m. Optional fees include ski and snowboard rental, lift tickets and admission. Transportation is \$10. Call 764-4123 for more information or to sign up

Camp Page runners celebrate Korean Independence Day



PHOTO BY STAFF SGT. MAURICE SKINNER

Kang Myong-su (left), Master Sgt. Denise Dockett, and Kim Young-hon run in a Korean Independence Day event Monday in Chuncheon. The Camp Page Soldier and employees participated to show of support for the local community, they said.



Lt. Col. Steven D. Mathias and Command Sgt. Maj. Errington Neysmith case the colors of the 1st Squadron, 6th Cavalry Brigade Feb. 24 at Camp Eagle.



Soldiers of 1st Squadron, 6th Cavalry Brigade stand in formation before the casing of colors ceremony. The soldiers packed and shipped 21 Apaches along with their unit's gear in preparation for the move to Fort Hood, Texas.

Apache unit cases colors, heads to U.S.

1st Squadron, 6th Cavalry ends, begins new era

Story by Steve Davis
Area III Public Affairs Office

CAMP EAGLE – Once busy with the hustle and bustle of Soldiers working on AH-64A Apache attack helicopters, the maintenance hanger at Camp Eagle was empty and silent.

The 1st Squadron, 6th Cavalry Brigade had cased its colors and, several days after the ceremony, the squadron commander's out-of-office e-mail reply simply said:

"On 24 February the FIGHTING SIXTH cased the Squadron colors. I have departed Camp Eagle and am enroute to Fort Hood . . . I will be at Fort Rucker until o/a 20 April and then will be at Fort Hood in time to uncasing the Squadron Colors on 23 April."

Lt. Col. Steven D. Mathias and 16 others will be gone from South Korea for nearly a year as the squadron reactivates at Fort Hood, Texas, as an AH-64D Apache "Longbow" squadron with enhanced battlefield capabilities. Scores of other cavalry Soldiers in the inactivated squadron are being dispersed to other units.

Earlier in the month, Mathias and other "Fighting Sixth" Apache pilots had flown 21 older AH-64 "Alpha" model Apaches to the port of Busan, where they were loaded aboard a ship bound for the United States to eventually be transferred to the South Carolina National Guard. The unit is scheduled to return early next year with Apache Longbows that will significantly increase the ability of the Republic of Korea-U.S. alliance in defending the peninsula.

The aircraft redeployment ended months of hard work by Cavalry Soldiers at Camp Eagle, a small, tight-knit Area III post near Wonju. The Soldiers had been asked to pack-up and move an entire squadron's worth of helicopters and equipment in a short time, and they had done it on schedule.

Now the only sound in the empty hanger was the whistle of the wind across sheets of metal roofing. Gone were the huge American flag that draped the south hanger wall as Apaches were pulled in and out of the hanger for maintenance. Gone were the banter

of Soldiers and the noise of routine maintenance. Gone were duty rosters on bulletin boards, pilot helmets and everything. Gone were the gleaming eyes and laughter of orphanage children who were brought on special occasions to see helicopters and American cavalry Soldiers with their Stetsons and spurs.

Those Cavalry Soldiers had been remembered in Mathias' speech Feb. 24 at the casing of the squadron colors.

"It is the Soldiers you see in front of you today that ensured our 21 Apaches, 138 pieces of rolling stock and 63 containers of go-to-war equipment all valued at \$400 million was serviceable, properly cleaned, properly packed and ready to use at Fort Hood, Texas," Mathias said. "Without Soldiers like those you see before you and those who have gone before them, the Fighting Sixth could very well still be at Fort Oglethorpe."

It was at Fort Oglethorpe, Ga., in February 1942 that the Soldiers of Troop A, 6th Cavalry, had packed and shipped their equipment, turned in their horses and left for Camp Blanding, Fla., where the unit was "modernized" from the horse to the M-8 armored car. They received the last of their armored cars in Gilford, Northern Ireland, in 1943 as they prepared to enter the fight for Europe in World War II.

Forty-three years later in 1985, the 1st Squadron, 6th modernized once again. It was activated as one of the first Apache units in the U.S. Army. In 1996, the unit – known as the "Fighting Sixth" – went to Camp Eagle.

"Now, eight years later, we have done what fellow cavalry troopers did in 1942," said Mathias. "We have packed and shipped our equipment and turned in our horses."

Though the Apache pilots had taken the limelight when the helicopters were flown to the port of Busan several weeks earlier, it was the effort of every Soldier that Mathias recalled in his departure speech.

"These Soldiers took the task at hand," he said. "It was not glamorous, a task accomplished in freezing conditions, and they did it with incredible dedication and commitment. They did it even though they would never see the payoff. You see, most of these Soldiers will not accompany the equipment to Fort Hood. They did it because it was their mission. They did it right so that the Fighting Sixth would be ready to train to win . . ."



1st Lt. Thomas Molton, a training officer with 1st Squadron, 6th Cavalry Brigade stands in front of the color guard before the 1st Squadron, 6th Cavalry Brigade color casing ceremony.

Pfc. Park Yung-yoon, a Korean Augmentation to the U.S. Army Soldier who has been at Camp Eagle since September working in the S-4 shop, said the hours were grueling during the redeployment effort.

"We worked 7 to 7, and I never heard anyone complain," said Park, who translated for Cavalry Soldiers and Korean truck drivers long-hauling equipment to port.

Park, in the Republic of Korea Army for 10 months, said it had been a little strange to join a unit whose Soldiers wore Stetsons and spurs in the tradition of early Cavalry Soldiers.

"But I learned how special and outstanding 1-6 Cav really was," said Park, who will move soon from Camp Eagle to join the 3rd Squadron, 6th Cavalry Brigade at Camp Humphreys.

So did Spc. Arlene Madden, a medical specialist who worked in the squadron aid station.

She said she hadn't realized how tight the squadron was until they all pitched in to move equipment to port.

"Then it was like 'Wow,' it was a huge team," she said.

Then, with the casing of the squadron colors, it

NEWS & NOTES

Theater Closure

The Camp Humphreys post theater will be closed Monday - Thursday for installation of a new digital sound system.

Harlem Nights

The Omega Psi Phi fraternity will host "Harlem Nights" March 13 at the Osan Air Base Officers Club. Attire is '50s gangster. Door prizes and gifts will be presented. Tickets are \$12 in advance, with proceeds going to the Omega Psi Phi Scholarship Fund. For more information or reservations, call 753-8563.

Women of Distinction

A semi-formal "Women of Distinction" Ball will be held 6 p.m. Saturday at Freedom's Inn at Camp Humphreys in honor of Women's History Month. The event includes dinner and door prizes for a donation of \$15 for singles and \$25 per couple. The ball is sponsored by Betty L. Simmons Chapter No. 166, Order of the Eastern Stars. For more information, call 016-891-6373.

Area III Tax Center

The Area III Tax Center at Camp Humphreys is open and ready to assist Soldiers with their tax filing needs. Tax assistance services are also available at Camps Eagle and Long and Suwon Air Base. Soldiers must see their unit tax advisors prior to coming to the Tax Center. The Tax Center is located in building 734 on Camp Humphreys next to the Pegasus Grill. For more information, call 753-3170.

Free Patch Sewing Service

Area III officer and enlisted soldiers who have just arrived or have just been promoted may take their uniforms to the post exchange sewing shop concession and get their patches sewn on for free. Permanent change of station or promotion orders and a valid military ID card are required, along with the uniforms and patches. Contact unit command sergeants major or supply sergeants for details.

Financial Management Readiness Training

Mandatory Financial Readiness Training for first term Soldiers is offered every Tuesday at 1 p.m. at the Army Community Services. Checkbook Maintenance Class is offered monthly on the last Friday of each month at 1 p.m. at ACS. Call 753-8401 for more information.

Hometown News Releases

Promotions, reassignments, awards and participation in major field training exercises or sports events are important activities in a Soldier's career that can be recognized in a hometown newspaper. Let the folks back home know. Submit a signed DD Form 2266, Hometown News Release, to the Area III Public Affairs Office, building S-728, at Camp Humphreys. For more information, call 753-8847.

News & Notes Deadline

The deadline for submitting items for Area III News & Notes is Friday each week for publication the following Friday. However, it is best to submit items for publication well ahead of the deadline. Requests should be sent to Steve Davis, USASA Area III command information officer, at davisst@usfk.korea.army.mil

Cavalry

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was over. Some Soldiers have already departed. There are lots of farewells still being said as others, except for a small 'caretaker' force, leave the unit for other assignments. Only 17 Soldiers will remain with the unit during the Longbow upgrade in Texas that will draw new members to the unit. Others from the "old" squadron are being reassigned to other units, or leaving the Army.

Nobody is making an emotional big deal out of it, said Madden, but there is "a nostalgic feeling" about everyone leaving.

Cpl. Chul Ho-do, one of nine KATUSA

Soldiers who earned the right to wear cavalry spurs by enduring the squadron's physically and mentally challenging "Spur Ride" several months ago, said he had some sadness seeing Soldiers leaving the squadron.

"The Cav is different. We are a combat unit," he said. "There are strong bonds between even enlisted Soldiers and the officers."

Pfc. Lee Sung-heum, another KATUSA Soldier who served with the cav, sang the Republic of Korea national anthem before the squadron colors were cased.

"I've sung 'Ae Guk Gah' at many

ceremonies, but this has been the most honorable. It was an honor to sing for U.S. and Korean Soldiers who have worked together so well to defend my county."

Mathias said leaving Camp Eagle is "a difficult thing to do."

"Camp Eagle, or 'Fort Apache' as we prefer to call it, is our home. The Fighting Sixth is a family," he said. "The camaraderie that we share at this small outpost on Freedom's Frontier is unlike any place I have served in my career. There will be many memories that we take with us as we leave."

Military helps voters before elections

Army News Service

WASHINGTON – Americans across the country are now voting in presidential state primaries, but many Soldiers can't make it to the polls, said Jim Davis, the Army's voting action officer.

Army's Voting Assistance Program aims to ensure that Soldiers, their families and Department of Defense civilians overseas can exercise their right to vote, Davis said.

Absentee ballots can be applied for by filling out the federal postcard application, standard form 76, which can be found at the Federal Voting Assistance Program's Web site, Davis said.

"Not only does this register them for an absentee ballot, but it also registers them to vote in federal, state and local elections," he said. "Everything is taken care of in one step."

"I recommend that Soldiers send in the federal post card application every year because they might have had an address change since the last election," he said.

The Uniformed and Overseas Citizens Absentee Voting Act requires states to allow absent military voters and overseas American citizens to use absentee ballots in elections for federal office.

"The states have extended this right to state and local elections also," Davis said.

Typically absentee ballots are mailed out to citizens 30 to 45 days before an election.

If those Soldiers, family or civilians who are located outside the United States send in their request for an absentee ballot in sufficient time and didn't receive their ballot, they can use the Federal Write-In Application Ballot (SF 186). This form allows them to write in their votes and send it in by the deadline. Voting assistance officers at each overseas unit should have the FWAB.

"The federal write-in application is primarily for federal elections; however, some states accept it," he said.

Most states require the absentee ballot by close of business on the day of the election. However, there are some exceptions to that rule. Absentee ballots for Louisiana must be in by midnight before the election.

In New York, absentee ballots need to be postmarked the day before the election.

North Carolina requires the ballots to be in by 5 p.m. the day before the election.

To make sure the state election official received the absentee ballot, Davis suggests calling the state election office.

Davis also said that absentee votes are counted just like regular votes.

"There is no difference," he said.

He advises people to educate themselves on the issues before voting.

"If necessary, do research before you vote. Don't go in blindly," he said.

Davis stressed the importance of understanding the laws on residency before registering to vote in a particular state.

"Your decision on which state to register in can affect your pay," he said.

"You can only have one legal residence at a time; however, you may change residency each time you are transferred," Davis said. For specific questions on residency, he recommends visiting the Staff Judge Advocate office.

The Army requires every unit to have a voting assistance officer, he said.

The voting assistance officers get training at Federal Voting Assistance Program workshops. "The training they receive at these workshops are critical for their ability to do their job," he said.

Voting assistance officers are there to answer questions and provide resources to Soldiers, their families and DoD civilians on voting in federal, state and local elections.

Davis said the Army is non-partisan. "Our real goal is to inform people on how to vote, who to go see and make them aware," he said.

It is important that every American citizen of voting age votes, according to Davis.

"Voting is how you influence who is in charge of your quality of life. It is your entitlement as an American citizen," he said.

With the presidential primary elections in full swing, Davis said it is just as important to vote in primaries. "By voting in the primary, you can help the candidate that you want to see in the general election," he said.

A list of the remaining state presidential primary election dates are listed below.

For more information on federal and state voting policies, go to the Federal

Voting Assistance Program's Web site at <http://www.fvap.gov/>.

Remaining State Primary Dates

■ Tuesday Florida Presidential primary (closed), Louisiana presidential preference election (open), Mississippi presidential primary (open), Texas presidential primary (open), Washington Republican caucuses

■ March 13: Kansas Democratic caucuses

■ March 16: Illinois presidential primary (open)

■ March 20: Alaska Democratic caucuses, Wyoming Democratic county caucuses

■ March 23: Utah Republican caucuses

■ April 13: Colorado Democratic caucuses, Colorado Republican caucuses

■ April 27: Pennsylvania presidential primary (closed)

■ May 4: Indiana presidential primary (open), North Carolina presidential primary (closed)

■ May 8: Wyoming Republican state convention, Arizona Republican state convention

■ May 11: Nebraska presidential primary (open), West Virginia presidential primary (closed)

■ May 15: Wyoming Democratic state caucus

■ May 18: Arkansas presidential primary (open), Kentucky presidential primary (closed), Oregon presidential primary

■ May 25: Idaho presidential primary (open)

■ June 1: Alabama presidential primary (open), New Mexico Republican primary, South Dakota presidential primary (closed)

■ June 8: Montana presidential primary (open), New Jersey presidential primary

■ Jan. 1-March 20: Maine Republican caucuses

■ June 4-6: Hawaii Republican convention

■ April 29 - May 1: Nevada Republican state convention

■ May 14-15: Delaware Republican state convention

■ May 20-22: Alaska Republican state convention

■ May 21-22: Michigan Republican state convention

■ June 4-6: Virginia Republican state convention no caucus/primary; Kansas Republican Party, South Carolina Republican Party

Employment readiness helps successful career changes

Army Community Service section coaches job seekers

Area III Public Affairs Office

CAMP HUMPHREYS – For those who want to prepare for the job market but don't know where to start, the Area III Army Community Services has a plan.

What's even better, the service is free to authorized identification card holders.

The Army Community Services Employment Readiness Manager LaVita Vincent knows the secrets for interviewing, dressing for success and mastering the Army's RESUMIX resume system. She also has useful information about jobs in the United States and in Korea, including opportunities for family members who are not U.S. citizens.

Vincent, who is married to a retired military man, has worked as an employment readiness counselor for three years here in Korea and several years in states and is dedicated to serving Soldiers, Department of Defense civilians and family members.

"I remember all of our moves and the difficulty I had restarting my career about every three years," she said. "There can be a lot of stress,

especially for newly married people or those new and trying to adjust to the military lifestyle."

Vincent tries to put them at ease and deal with whatever employment issues they are



LaVita Vincent

"I can help with resumes and job search strategies, which helps build confidence."

– LaVita Vincent

facing here or in the future.

"Granted, the job market here isn't the same as in the states," she said. "However, there are jobs."

Finding local employment isn't Vincent's only preoccupation. She can also help service members who are separating from the military. Though most attend required Army Career and Alumni Program classes here to prepare them for separation from the military, Vincent can offer additional information and a personal touch.

"I can help with resumes and job search strategies, which helps build confidence," she said. "Helping the military sponsor helps the family as a whole. That is the bottom line."

Family members seeking employment in Korea or in the U.S. may benefit from the Vincent's resume writing and RESUMIX preparation classes.

"You can attend Resume Writing from 9 a.m. to 12 p.m. and RESUMIX Assistance class from 1-4 p.m. the same day, if you want to," said Vincent. "You can attend one or both, whatever you need to help in your situation."

Though the resume writing class is open to everyone, the RESUMIX Assistance class is for U.S. citizens only, she said. The classes are held at the Distance Learning Center, building 302. All of the classes, which are limited to 16 students each, require preregistration. Classes are scheduled for May 5, June 2, July 7, Aug. 4 and Sept. 1.

"Make plans early; they fill up quickly," said Vincent.

The interview techniques and dress for success classes will be conducted from 9 a.m.-11 a.m. June 15 and July 20 at the Army Community Services conference room. Two other classes, Developing a Portfolio and Career Planning, are offered at various times.

"People can either check the ACS calendar or call for information on any of these classes," said Vincent. "If they are unable to attend the classes, we can schedule one-on-one appointments."

Appointments can be made for 8 a.m. to 5 p.m. Monday, Tuesday or Friday, or between 1 p.m. to 5 p.m. on Thursdays. Walk-in assistance is available each Wednesday between 8 a.m. and 5 p.m.

Vincent said a Korea-wide job fair will visit Area III again April 23 8 a.m. to 11 a.m. at Camp Humphreys. The location has yet to be determined.

"MORE JOBS, a company from the states hosts the event twice a year and visits various bases," said Vincent. "Prepare your resume, have those interview skills down and come out and network with the companies."

Vincent said about 22 companies are coming to Area III during the job fair. Those interested can register on line at www.morejobs.com.

For more information, contact the Area III and CAmp Humphreys Army Career and Alumni Program office or the Army Community Service at 753-8321.

"The job fair will assist you in preparing for employment locally and stateside," said Vincent. "But whatever you do, get facts before you act. We can help."

AFAP participants tackle community issues

Story, photo by Galen Putnam

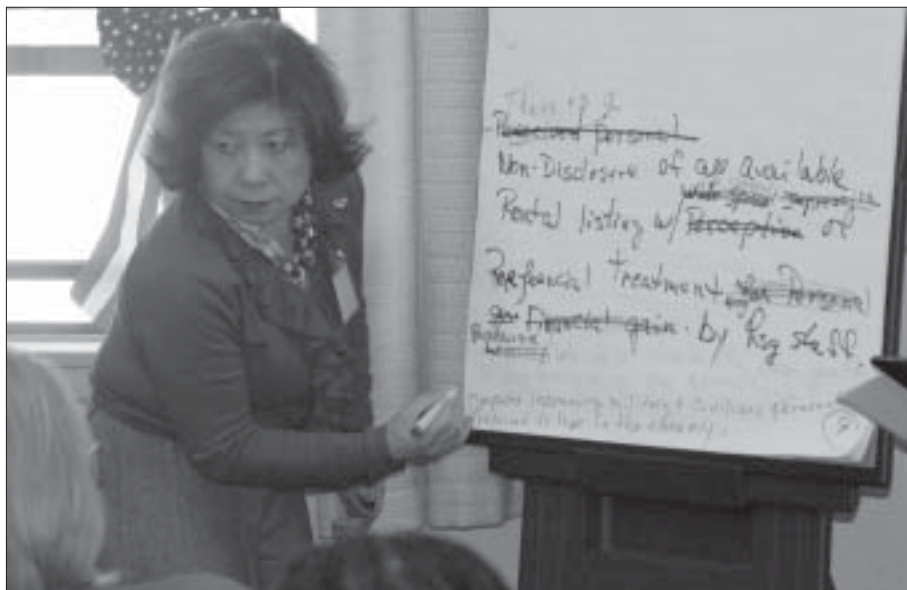
Area IV Public Affairs Office

CAMP WALKER – Delegates from a variety of backgrounds gathered for the 19th annual Area IV Army Family Action Plan Conference Feb. 27 at Soldiers' Memorial Chapel here to prioritize the top quality of life issues affecting those who live and work in Area IV.

The Army Family Action Plan provides all Army constituents the opportunity to present quality of life concerns to the command and be a part of the problem-solving process by offering suggested solutions.

"Today you have the opportunity to raise issues and recommend solutions that can positively impact lives on a daily basis, while helping to build stronger Army families and communities," Douglas L. Burk, Area IV deputy commander, said during opening remarks. "This symposium at the installation level is just the first step in the Army's plan to identify and resolve areas of concern, which affects readiness, retention and quality of life for Army families."

About 50 delegates represented a



Evelyn Quinata records notes for the Housing Working Group during the 19th annual Army Family Action Plan Conference Feb. 27 at Soldiers' Memorial Chapel on Camp Walker.

cross section of the community including single and married enlisted soldiers and officers as well as retirees and civilians. Family members from each group also served as did several high school students to ensure their demographic groups were represented as well. Delegates discussed issues that had been submitted before the conference and suggested topics of their

own for discussion during the working session.

In order to keep the discussions on track, each working group had a facilitator, recorder and transcriber to help guide the action. Facilitators managed the work group process in an effort to keep participants focused and goal oriented. Recorders jotted down on butcher paper discussion points in

order to keep track of the many ideas, topics and suggestions being bandied about. Transcribers then typed the butcher paper notes into a laptop computer to preserve the group's notes and retain a written history of the proceedings.

To provide additional support, several subject matter experts from a variety of fields were on hand throughout the day to answer questions and offer guidance. Subject matter experts were also called in to offer input when specific information was needed.

"Things are going smoothly," Kimberly Kennedy, Area IV Army Family Action Plan coordinator, said during the conference. "The working groups are discussing issues with subject matter experts and are deciding which issues they will present."

The purpose of the conference was to winnow through the many suggested issues in order to come up with the top three topics in each of the six working groups that included consumer services, family support, medical and dental, housing, youth and remote sites.

See **AFAP** on Page 28

Spotlight on reading

Vivien Jung from Rick Cade's fourth-grade class at Taegu American School listens intently as Col. James M. Joyner, Area IV Support Activity and 20th Support Group commander, reads from "There's a Boy in the Girls Bathroom" by Louis Sachar Wednesday. Several parents and community members have read for the class. The next guest reader slated is Maj. Gen. Jeanette K. Edmunds, commanding general of the 19th Theater Support Command.



NEWS & NOTES

Women's History Month

The Daegu area is celebrating Women's History Month 8 a.m.-9:30 a.m. Wednesday at the Evergreen Community Club on Camp Walker. The Camp Hialeah community is celebrating Women's History Month 4-5 p.m. Thursday at the post theater. The guest speaker for each event will be Lt. Col. Heidi Graham, Defense Energy Support Center commander. The theme is "Women: Inspiring hope and possibility." For more information, contact Sgt. 1st Class Sharon Bryant at 768-8972 (Daegu) or Master Sgt. Beverly Bazemore at 763-7098 (Camp Hialeah).

Korean Language Class

Area IV Army Community Services is offering a Korean-speaking class as a part of its Army Family Team Building program. The classes will be 8 a.m. to 12:30 p.m. Thursday-March 12 at Camp Henry Army Community Service. To register or for more information, call Army Community Services at 768-7232.

Camp Carroll Spring Fest Run and Walk

Camp Carroll Fitness Center is hosting a five-kilometer fun run and two-mile walk 8 a.m. March 13. Participants can register for the free event until 7:30 a.m. For more information, call Kim Su-yop or Carlos Algarin at 765-8287.

Area IV Retiree Council

The initial meeting to form an Area IV Retiree Council will be 1 p.m. April 10 in the Area IV Support Activity Community Conference Room, building 1211, on Camp Henry. All military retirees who live in Area IV are invited to attend this organizational meeting. For more information, contact Lt. Col. Will Wilfred Plumley at 768-8021 or Wilfred.Plumley@us.army.mil

Faithlift 2004

Faithlift 2004, an interdenominational Christian women's conference, will be held April 16-17 at Dragon Hill Lodge and South Post Chapel at Yongsan Garrison. It is open to all women Department of Defense identification card holders. Space is limited. Registration closes Monday. For more information or to sign up, call Michele Pelletier in Daegu at 764-4292 or Holly Floro in Busan at 051-817-4006.

Off Limits Establishments

The following establishments are off limits by order of Col. James M. Joyner, Area IV commander: Daegu – Odyssey Club, With Club, Mama Lee's, Paradise Club and Crown Club; and Waegwan – Carnegie Club and The Live Club. For more information, call James Adamski at 768-8969.

Sexual Assault Survivors Group

A Sexual Assault Survivors Group meets 1 p.m.-2:30 p.m. every Friday at the Camp Walker Health Clinic. The sessions are open to all women authorized military medical care. For more information, call Social Work Services at 764-5500 or 764-5173.

EFMP Support Groups

The Area IV Exceptional Family Member Program is forming several support groups focusing on asthma; attention deficit and hyperactivity disorder; individuals involved with the EFMP; and unaccompanied EFMP sponsors. For more information, call Marietta Dixon at 768-8329.

TAS science night thrills families

Story, photos by Galen Putnam
Area IV Public Affairs Office

CAMPGEORGE – Taegu American School, in conjunction with the TAS Parent-Teacher Organization, held its first Family Science Night Feb. 25 where elementary school students had the opportunity to demonstrate their science skills and visitors of all ages got to experience "hands-on, minds-on" experiments.

Family Science Night, featuring nearly 30 hands-on displays, drew approximately 300 students, parents and teachers. Although learning was the main emphasis, by the sound of things, participants were having a good time as well.

"It's fun and educational. I saw a lot of my friends and had a lot of fun," said Blaze Johnson, 7, daughter of Maj. Dale and Kristin Johnson. "I especially liked the hamster."

The hamster maze was a popular draw as were the variety of exhibits and experiments demonstrating gravity, electricity, geology and other scientific disciplines.

"This gives kids and parents a chance to enjoy science together," said Kari Kugler, language arts and reading specialist and School Improvement Plan co-chair. "This has been an extremely successful evening. We hope this helps to improve science scores and we hope to continue this every year."

The idea for Family Science Night came from a suggestion during a parent-teacher organization meeting.

"Just like our 'Breakfast with Santa' event held here at the school the idea came from a parent," said Michaela Cannon, parent-teacher organization president. "We are extremely pleased with the turnout, especially the number of families."

Cannon stresses the event was not a competition, but rather an opportunity for families to learn, and have fun together.

"This is different from a science fair. This is not a competition," she said. "Our goal was to get families together, have fun and experience science together. It is a chance to see science at work."

According to visitors, the goal was accomplished.

"This was fun for the kids," said Capt.



Capt. Mike Gagnet and his son Joshua, 3, complete an electrical circuit.

Mike Gagnet, incoming commander of Company D, 168th Medical Battalion, who brought his son Joshua, 3, and niece Kim Jae-kyung, 10. "This was a good chance to have some interactive fun with science."

Even those who spent their time "working" had a good time.

"I've had a lot of customers. I'm glad to see everybody having such a good time," said fifth-grade science teacher A.J. White, who volunteered his time to help oversee exhibits. "The kids are

really enjoying it. In fact I think some of the parents are having as much fun as the kids. I know I am."

The event is part of an ongoing effort to increase scientific academic achievement for students in grades kindergarten through six. One of the school's stated goals is that "all K-6 students increase their knowledge and achievement in scientific inquiry in all curricular areas."

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Fruit provides the electricity to power a digital clock in this display.



Junior scientists mix vinegar and baking powder to create a chemical reaction.

Money matters, even in the field

Finance detachment hits the road for FTX

Story, photo by Pvt. Oh Dong-keun

Area IV Public Affairs Office

CAMP CARROLL – They might work “bankers hours” in a cozy building, but for at least for a few chilly days, Detachment C of the 176th Finance Battalion took its entire operation to the field for the unit’s field training exercise Feb. 24-26.

“This training is planned to help us to maintain our war-fighting skills,” said Capt. Robert T. Hubble, Detachment C commander. “Because we are a tactical finance unit, we need to make sure we can do what we do in the office (and) also out in the field.”

While unit personnel conducted field training, they continued to offer all of their normal customer service thanks to their high-speed LAN equipment, that enabled them to access the information they need to conduct their everyday operations wherever they are.

“It is typical for us to have the operation set up in the field during the field exercise,” Hubble said. “We have out here with us our basic LAN hub so that we can have connection to our main server back in the office. That lets us to enter customers’ information into the system and serve the customer accordingly.”

Although they didn’t have any customers during the exercise, they have assisted customers in the field on previous training exercises.

“We had some positive feedbacks from our



Pvt. Maria Rodriguez watches out for potential threats in a defensive position set up in the field during the 176th Finance Battalion field training exercise.

customers,” said Staff Sgt. Maya McMahan, noncommissioned officer in charge, In- and Out-Processing Team, Detachment C. “They were very shocked at the fact that we could provide them with

exactly the same service as we would in the office, even out in the field.”

“They really enjoyed it,” Hubble said, referring to the customers’ response. “They liked the feel of coming into the field and conducting their financial business.”

Most of the unit’s training involved “real-world missions,” according to Hubble.

“We are sending our Financial Support Teams out to the units that are in the field right now, just like we would in the real-world environment,” he said. “We also have set up our defensive fighting positions for the Soldiers to train on their basic war-fighting skills.”

This detachment-level field training exercise also serves as a rehearsal for the unit’s upcoming battalion-level field training exercise.

“We normally conduct detachment FTXs once a quarter, and we also have semiannual, battalion FTXs. We have the next one coming up in April,” Hubble said.

“I am a member of the Financial Support Team for this FTX. The team trained on its real-world missions such as helping customers from the units that are in the field,” said Spc. Deona Q. Lewis, a military pay clerk in Detachment C. “This is my first time doing FTX in Korea, and I think it was a good experience for me. Having a good squad leader (Sgt. Angel C. Gaillard) who takes care of her soldiers made it a good training (experience).”

Detachment C, 176th Finance Battalion is now back to its normal operating schedule in its offices located at Camps Henry, Carroll and Hialeah.

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Taegu American School cheerleaders dominate competition

By Galen Putnam
Area IV Public Affairs Office

CAMP HENRY – The Taegu American School varsity and junior varsity squads took first place in their respective divisions at the Korean-American Interscholastic Activities Conference Cheerleading Competition held Feb. 14 at Seoul American High School.

Taegu American School dominated

the competition by taking first place in the varsity competition for the second year in a row. The junior varsity squad followed up by winning the first junior varsity competition held.

Junior Andrea Paulson and sophomores Whitney Dalton and Crystal Anguay also were named competition all stars.

Seoul American High School took second place in both the varsity and junior varsity competitions, and Seoul

International School took third in the varsity competition. There was no third place in the junior varsity competition.

Five teams competed in the varsity competition and six in the junior varsity competition.

Competing for Taegu American School were:

Varsity: Angela Cho, 11th-grade; Andrea Paulson, 11th-grade; Christina Sewell, 11th-grade; Crystal Anguay, 10th-grade; Whitney Dalton, 10th-

grade; and Aimee Hildenbrand, ninth-grade.

Junior varsity: Jennifer Jones, 11th-grade; Grace Cho, ninth-grade; Jesse Covan, ninth-grade; Brittani Ferguson, ninth-grade; and Briana Wolfard, seventh-grade.

Coaches for the TAS cheerleading squads are Tonya Hagander and Heather Robinson.

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AFAP

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Those top concerns, along with suggested solutions, were briefed at the end of the day to Area IV senior leaders including Col. James M. Joyner, Area IV Support Activity commander.

Each issue briefed was given a title and the scope of the issue was presented in simple terms. In addition, recommendations on how to resolve the issue were also provided.

Issues included inadequate Shoppette hours, using alternate medical facilities, lack of bilingual Housing and Department of Public Works staff, in- and out-processing at remote sites, availability of slots at the Child Development Center, and the absence of a college and scholarship counselor at Taegu American School among others.

During the Army Family Action Plan process many issues bubbled to the surface. According to Army Family Action Plan data, 95 percent of the issues

presented are resolved at the local level. If a resolution cannot be reached locally, it is elevated to the major command level. In rare cases, issues are further elevated to the Department of the Army.

Last year, only three issues from the Area IV AFAP Conference were pushed up the chain to the major command level.

“Very few things have to go up the chain of command. Issues are identified and dealt with at this level,” said J.J. Stewart, Army Community Services director. “It goes to show that this, along with the Well Being Council, are the primary means to bring up and solve issues within the Area IV community.”

Participants were glad to be a part of the process and to be able to contribute to Area IV’s quality of life.

“This was a good experience. It was very well run,” said Edward Compo, who served as a

married civilian delegate. “The participants came together with open minds to look at the issues and come up with solutions. This was a very good forum.”

Joyner praised participants and administrators for their efforts.

“This morning you were given the task of identifying and resolving areas of concern which affect readiness, retention and the overall quality of life in Area IV,” he said. “Our Area IV community is a better place for your raising these concern to me and the lead agents responsible for them. ... Your selfless service to our community today demonstrates our pursuit of continuous improvement that will make our community the very best it can be for Army families.”

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